

PAIN IN THE JOINTS

Rheumatic Tortures Cease When Dr. Williams' Pink Pills Make New Blood.

The first sign of rheumatism is frequently a pain and swelling in one of the joints. If not combated in the blood, which is the seat of the disease, the poison spreads, affecting other joints and tissues. Sometimes rheumatism attacks the heart and is quickly fatal.

The one remedy that has cured rheumatism, so that it stays cured is Dr. Williams' Pink Pills. These pills expel the poison from the blood and restore the system, so that the poisonous matter is passed off as nature intended.

Mrs. I. T. Pitcher, of No. 130 Monmouth street, Newark, N. J., suffered for about three years from rheumatism before she found this cure. She says: "It began with a queer feeling in my fingers. In a little time it seemed as though the finger joints had lumps on them and I could not get my gloves on. Then it grew worse and spread to my knees. I could not stand up and I could not sleep nights. My suffering was more than I can describe. I took a great deal of medicine, but nothing ever gave me relief until I tried Dr. Williams' Pink Pills.

"I read an account of a cure in a case that was exactly like mine and my husband got me some of the pills. I took them for three weeks before I really felt better but they finally cured me."

Mr. Pitcher, who is a veteran and a member of E. D. Morgan Post, No. 307 of New York, substantiates his wife's statement and says that she now walks without difficulty, whereas a year ago he was compelled to push her about in a wheeled chair. Both Mr. and Mrs. Pitcher are enthusiastic in their praise of Dr. Williams' Pink Pills.

For further information, address the Dr. Williams Medicine Company, Schenectady, N. Y.

THE YOUNG IDEA.

The teacher wished to impress the idea of the wrong of idleness. He led up to it by asking who were the persons who got all they could and did nothing in return. For some time there was silence, but at last a little girl exclaimed, with a good deal of confidence: "Please, sir, it's the baby!"

A discussion of the word hyphen was being held in a school. "Give me some word joined together by a hyphen," said the teacher to the class. Among others came the word bird-cage. "Yes," said the teacher, "and who do we put a hyphen between bird and cage?" "For the bird to sit on," answered one of the boys, promptly.

A school-teacher instructing her classes in grammar wrote this sentence on the board for correction: "The horse and the cow is in the lot." No one seemed to know what was wrong with it, till at last a polite little boy raised his hand. "What is it, Johnny?" asked the teacher. "You should put the lady first," corrected Johnny.

A Boston public school-teacher was trying to give her pupils a definite idea of a volcano. With red chalk she drew on the blackboard fiery flames issuing from a mountain top. When the drawing was done she turned to the class before her, and said: "Can any of you tell me what that looks like?" "It looks like hell, ma'am," replied one of the youngsters, with startling promptness.

In England elementary schools are organized for "girls" or for "infants." Of late years the "mixed" system has been introduced, and many of the schools have been organized as "senior" or "junior" mixed. An inspector recently met on the school stairs a little nondescript in a pinafore, and asked: "Come, what are you doing here? Are you in the boys or the girls?" "No, sir," said the small one, "I'm a junior mixed!"

LITTLE IRONIES OF LIFE.

The only essay entered for the annual prize offered by the Parisian Academy of Moral and Political Sciences did not receive the award, as it was too illegible to be read.

Sir Alfred Harmsworth offered \$500 reward for information which might lead to the arrest of a certain reckless motorist, who turned out to be Sir Alfred's brother.

Dying in poverty in a San Francisco hospital, Luscomb Seares received word that the British government had just allowed his claim of \$5,000,000 arising from losses during the Boer war.

Gen. Dokstouff, running upstairs to thank the minister of war for ordering him to the front (he had begged to be allowed to die a soldier's death), was claimed by heart disease on the top step.

Worse Than the Disease.

To commemorate the year's yellow fever epidemic a New Orleans couple named their baby Stegomyia Faciata Wilson.

THE LITTLE WIDOW.

A Mighty Good Sort of Neighbor to Have.

"A little widow, a neighbor of mine, persuaded me to try Grape-Nuts when my stomach was so weak that it would not retain food of any other kind," writes a grateful woman, from San Bernardino Co., Cal.

"I had been ill and confined to my bed with fever and nervous prostration for three long months after the birth of my second boy. We were in despair until the little widow's advice brought relief."

"I liked Grape-Nuts food from the beginning, and in an incredibly short time it gave me such strength that I was able to leave my bed and enjoy my three good meals a day. In 2 months my weight increased from 95 to 115 pounds, my nerves had steadied down, and I felt ready for anything. My neighbors were amazed to see me gain so rapidly, and still more so when they heard that Grape-Nuts alone had brought the change."

"My 4-year-old boy had eczema, very bad, last spring, and lost his appetite entirely, which made him cross and peevish. I put him on a diet of Grape-Nuts, which he relished at once. He improved from the beginning, the eczema disappeared, and now he is fat and rosy, with a delightfully soft, clear skin. The Grape-Nuts diet did it. I will willingly answer all inquiries." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in place.

TO IMPROVE ONE'S LOOKS.

Hollow Cheeks May Be Rounded Out by Massage—What the Thin Girl Should Eat.

To build up hollow cheeks, take a rotary motion with the tips of the fingers from the chin, up and out, to the eyes. Slide down and repeat until the entire face is covered.

The woman who is thin and blue should live on sugar, with a preference for maple sugar and hot breads. This will feed her nerves and her muscles.

Changing the color of the skin is not hard. There are bleaches that will make one almost snow white, and in Paris the women study these and employ them. The French woman aims to have a face like milk, lips like cherries, nostrils like fire, eyes that shine and lashes that sweep them.



MESSAGE FOR HOLLOW CHEEKS.

The face becomes indescribably chic when it is lighted up in this manner.

If the skin is a persistent red it should be cleared. A red skin is pretty until one is past 40. But after 40 the red-faced woman is never a beauty.

The face should be made less conspicuous in color, and this can be done only by dieting. If the woman with a red face will stop eating for a day, and drink nothing but water, she will see a change in her face next day. She should fast one day a week. If she were to fast and drink water from Saturday night after dinner until seven o'clock Monday morning it would be a good thing for her.

If the skin is brown and green and yellow, and spotted generally, there is no way except to wash out the system. Try the continental method and live on milk awhile.

The dose is a glass of milk every hour for a week. It is said to clear the system.

HEALTH AND BEAUTY.

The juice of the pineapple is an active digestive agent. A little of the fruit taken at the end of a meal is a valuable preventive of dyspepsia.

It is well to remember that a fresh cold in the head may sometimes be broken up immediately if treated by snuffing warm salt water up the nose from the palm of the hand.

To get the shoulder blades into good position and prevent round shoulders, stand as erect as possible, heels together, and commence by stretching the left arm quickly sideways in a straight line with the shoulder, bending the right arm up, holding it close to the side and letting the fingers touch the shoulder. Repeat this alternate bending and stretching on each side without moving the head or body.

To strengthen the muscles of the forearms and make the wrist flexible, stand as before, keep the arms sideways and let the hands describe circles at the wrist, first one way 20 times, then the other way the same number. These and similar exercises will not only beautify the limbs with which we are especially dealing, but by improving the circulation of the blood will enhance the beauty of the complexion, as well as of the skin of the arms and shoulders.

With the increase of shower baths in apartments by no means expensive, women have taken more to this form of bathing, but have been more or less worried about their hair. To get it wet is quite out of the question; a rubber cap such as is worn in swimming is efficacious, but muzzles the effluvia beyond hope. One young catron has solved the problem by investing in one of the rubber hats with certain attachments worn by motor-men. The hat entirely covers her hair without muzzling it, and the water slides off the curtain, keeping her entirely dry.

Most persons think that because they cannot pass a great deal of time in physical culture it is useless to attempt anything of the sort, when if they would follow a few simple rules of exercise they would find themselves much less tired at the end of busy days.

There are two physical exercises which should never be dispensed with by the woman who wishes to keep in good health and retain a freshness of face and grace of figure. Deep breathing is the first and more necessary of these, as it will insure perfect circulation, prevent colds, prove restful when one is tired, gives a healthy glow to the skin and strengthens the action of the heart. Next to this stands the exercise of raising the hands above the head, then touching them to the floor in front, without bending the knees. This movement will reduce the hips and lengthen the waist and give grace and suppleness to the body.

Tuberculosis Race.

It is the opinion of Dr. Hunter McGuire, of Virginia, that tuberculosis will exterminate the negro race in this country. The death rate of the negro is already twice that of the whites, as a whole, while in towns and cities it is nearly three times as great, and the proportion is constantly on the increase.

Squared Himself.

Justice Willis, who has just retired from the bench of the British high court of justice, once gave a decision which, on reflection, he thought was not quite fair. He sent the unsuccessful litigant a personal check for the amount he had sued for.

Motor-Cars in Disfavor.

The vicar of Hurley, England, declared the other day that unless motor cars were barred from the public highways and confined to tracks of their own, there would be "a serious rising of the people."

THE CHILD AND BEAUTY.

Nose Can Be Shaped and Hair Trained to Grow Differently and Skin Kept Nice.

There are several rules that should be observed for the health and beauty of any child. The first is to give it something to do. No child can play all day. There should be some kind of regular task. This will make the child beautiful as well as healthy. It will cultivate its mind and its body.

A healthy child should also have something to occupy its mind. It can, in Japanese fashion, paste pictures on the wall or play with handsome embroideries or train the eye by doing a little light carving and painting. These are matters for the individual to decide. But a child should keep itself occupied if it is going to be healthy and handsome.

The little girl who is going to grow up to be a handsome woman should know, early, how to take care of her beauty.

She should know how to keep her teeth nice. The first teeth should be allowed to drop out; they should never be drawn. Then the new teeth should be carefully attended with the brush and with a soft cloth. A child should be told not to use a toothbrush vigorously. Nothing so injures the teeth.

A little girl should early be taught not to make grimaces. The little girl who pulls down one side of her mouth, as a child, will be very certain to do so as a woman. She must learn not to draw down one eye nor to pull her mouth askew.

The molding of the nose is something for every child to learn. If the little girl will pinch her nose, striving to keep it upright and straight, a Grecian she will be rewarded with a handsome nose one of these days.

The nose is made of soft material and, by pinching it, she can keep it straight and noble in shape.

The mouth of the little girl is generally too large. This can be remedied to a great extent by curving it and shrinking it. To shrink a mouth try the habit of puckering it a little; then lift the then try to make it a little more expressive. You can accomplish miracles with your mouth if you only try. But—never forget—don't twist it or pull it down at one corner. This is fatal to beauty.

The little girl whose hair grows awkwardly upon her forehead can easily mold it to grow right. If the forehead is too low the hair can be pulled sharply back until it comes down in a pretty point as desired. Remember that the hair grows readily and that it can almost be shaped to your will.

The skin of the little girl can be kept young by a very little massage. It should be rubbed with the finger tips softly and lightly as though it were down. It should not be touched unless it is rough or pimply. But, at the first sign of trouble, there should be a very little cream molded into it. The pure sweet cream is best; and next to this comes sweet milk; then sour milk and buttermilk. These are the best cosmetics known.

The half of the little girl must be washed once a week. But not with soap nor with any heavy shampoo mixture. It should be gone over with a special shampoo which is made by beating an egg until it is foamy. A cup of tepid water is then added to it and a pinch of borax stirred in. With this the hair is wet thoroughly. Then it is washed with plenty of warm water. No soap is needed ordinarily.

The shoes of the little girl should be very large. The larger the better is a good rule for any person's shoes. It may be that big shoes wear rough places on the feet, but as a rule it is the little, tight shoe that does the damage. The little girl's shoes should be very long and just a trifle narrower than the foot as it rests upon the ground.

FINE FOR THE FIGURE.

Not All Can Take a Course of Physical Culture, But Following Every One May Practice.

On arising and the last thing before going to bed, while you are clad in your night dress, stand with your back against the window or door and fill your lungs, breathing through the nostrils with the mouth closed, until your lungs are able to hold no more. Retain breath while you count four. Expel it through the nose, counting seven. Practice this movement for ten consecutive times.

Next, stand upright and turn out the toes so that the heels touch. Place your hands on the hips, the fingers on the diaphragm—the thumbs back in the soft part of the back on either side of the spinal column. Now, draw in a deep breath and force the air down, so that you feel the air pressed out through the expansion of the lower part of the lungs. Hold the breath while counting four; expel while you count seven. Practice this movement six times.

Next stand upright, head up, shoulders thrown back, arms hanging by the side. Now gradually raise the arms until they are high above the head. While you are performing this movement, take in a deep breath through the nostrils, until the lungs can hold no more. Retain the breath while counting four, then gradually lower the arms, and at the same time expel the breath and count seven. Repeat this six times.

Handwork on Gowns.

Exquisite handwork is being lavished upon the gowns of the winter. One lovely reception dress had a little bolero which looked very much like a baby's blouse coat. It was cut very short, had wide sleeves and a little turnover collar marvelously embroidered. A line of embroidery extended all the way around the border of the little bolero, which, by the way, was made of broadcloth and was in a pale shade of green to match the gown.

When Calling.

On entering the drawing-room a caller should at once advance and shake hands very cordially with the hostess. If any introductions are made she should acknowledge them by a bow and a slight smile; if any of the persons introduced are relatives of the hostess the visitor should offer her hand.

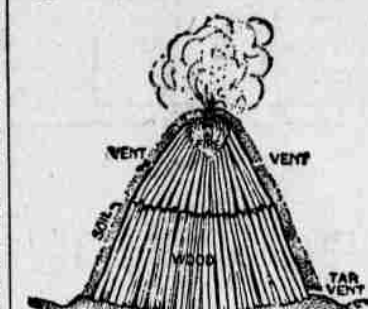
AGRICULTURAL HINTS.

BURNING CHARCOAL.

What Is Necessary to Secure an Excellent Quality of the Fuel.

Wood used in making charcoal must be quite dry. It is better if cut in the winter and allowed to dry until late summer before burning. Although almost any good wood will make charcoal, hardwoods will turn out a better product, says the Farm and Home.

Split the blocks about six feet long into quarters and place in the pile with the bark side out until dry. The wood is placed in a conical pile about 12 feet high and 8 to 40 feet in diameter. Pour



MANNER OF BUILDING THE PILE.

charcoal dust or ordinary coal dust all over the pile and cover the entire heap with soil. It will stand better if some solid sods are placed on the outside. Holes are made at the sides near the top to allow air to enter to the fire.

Build a fire in the center of the top of the heap and allow it to burn down inside the pile, and as it descends make another row of holes about half way down the sides of the pile. As smoke ceases to come out of these holes make others below and stop those above.

With some woods considerable tar and acid will be formed, which must be drained off from the bottom of the pile by a ditch.

When smoke no longer comes out of the holes they are stopped and the whole pile allowed to cool two or three days. Then remove the soil and sort the charcoal, putting any that is still hot into water and quench it. If thoroughly burned and well managed a cord of wood should give 30 bushels of charcoal.

A GOOD ROTATION.

Suggestion as to Crops Which Will Best Keep Up the Condition of the Farm.

The rotation of crops has come to be regarded as one of the necessities of keeping up the condition of the farm. Where farm animals are not kept in considerable numbers, the growing of one crop is sure to reduce the fertility of the farm. Therefore the growing of several crops is advisable. One of the best rotations for the general farmer in Illinois and like states is that consisting of corn, cow peas, wheat and clover. It always pays for the general farmer to have a few cows to assist him in the rotations of the crops by pasturing off the crops that can be pastured. With the rotation above mentioned, the cow peas can be sown in the corn at the time of the last cultivation. These will make a good growth and being legumes will add to the soil a considerable portion of nitrogen. After the corn is harvested the cows can be turned into the peas, which will still be green, and can be fed upon them until the frost comes. Farmers that turn their cows in upon the corn stocks would find it safer to have a supply of cow peas foliage, that the animals may eat of both at the same time, says the Farmers' Review. Heavy losses have been occasioned by pasturing of the dry corn stocks. The cow peas may be turned under in the late fall or in spring and sown. If the wheat is sown in the fall immediately after plowing the clover seed can be thrown upon the land at the end of winter, while the snow is still on the ground. If spring wheat is to be sown, the clover can be sown with it. This will give a crop of corn, a crop of cow peas, a crop of wheat and the next year following the wheat a crop of clover and clover seed. The clover seed can then be plowed under and corn again put on. This will keep the land rich in nitrogen and necessitates only an occasional buying of some form of phosphate.

THE ICE HOUSE.

Points to Be Remembered If the Building Is to Render Good Service.

The points to be secured in an ice house, says the Farm Journal, are first, drainage—a good drainage must be present. Therefore lay a loose floor or give other means for the easy escape of melted ice. The next essential is to keep all heat out that can be kept out. Board up inside the studding and inside the rafters and pack with shavings, sawdust or hay. Even with such precautions much heat will come through the roof from the sun. There must be ventilation at the top to let all heated air out. The cut shows a handy ice-house with arrangement for hoisting ice to all heights. The doors are opened from the top downward as fast as the ice is used.



ICE HOUSE.

THINKS FOR THE FARMER. The cross-eyed person shows that there's more than one way of looking at things. Old blood is thin and runs slowly; give the folks the warmest nook in the chimney corner.

The size of the kernels of seed corn should be as nearly uniform as possible. No one who plants grain from tips and butts can expect an even stand.

One of the best fields of corn the writer saw all last summer was harvested three times before the corn came up. Then the weeder was used until the corn was big enough to mow it.—Farmers' Review.



Even the woman who stands up for her rights seldom likes to do it in an electric car.—Somerville Journal.

THE COUPON BELOW IS GOOD FOR \$1.00 IF SENT AT ONCE.

It Is Wrong for You to Neglect Your Duty to Yourself—Constipation, Bowel and Stomach Troubles Grow More Dangerous Daily.

There is now a remedy called Mull's Grape Tonic that cures these troubles absolutely.

A full sized bottle is furnished you free to prove it—see coupon below. Have you noticed the large number of cases of Typhoid Fever lately? Typhoid Fever, Malarial Fever, Appendicitis, Impure Blood, Pimples, Skin Diseases, Sick Headache, Biliousness, Piles, Female Troubles, etc., are the result of Constipation. Don't allow it to run on without proper treatment. Mull's Grape Tonic cures Constipation, Bowel and Stomach troubles in a new way, different from any other, and it is permanent.

Alcoholic, opium and morphine preparations are injurious and dangerous. They destroy the digestive organs, and literally tear the system to pieces.

Mull's Grape Tonic strengthens and builds them up. It cleanses the system of impurities, incites the digestive system to natural action, and cures the disease in a short time. To prove it to you, we will give you a bottle free if you have never used it.

Good for ailing children and nursing mothers. A free bottle to all who have never used it because we know it will cure you.

COUPON.

141 GOOD FOR ONE DOLLAR 1276 Send this coupon with your name and address and your drug store name and the name of the nearest express company and we will supply you a sample free. If you have never used Mull's Grape Tonic, we will also send you a certificate good for \$1.00 toward the purchase of more Tonic from your drugist.

Mull's Grape Tonic Co., 147 Third Ave., Rock Island, Ill.

Give Full Address and Write Plainly. 35 cent, 50 cent and \$1.00 bottles at all drugists. The \$1.00 bottle contains about six times as much as the 35 cent bottle and about three times as much as the 50 cent bottle. There is a great saving in buying the \$1.00 size.

The genuine has a date and number stamped on the label—take no other from your drugist.

We should so live that when we die our mourners will not also be our pallbearers.

SORES ON HANDS.

Suffered for a Long Time Without Relief—Doctor Was Afraid to Touch Them—Cured by Cuticura.

"For a long time I suffered with sores on the hands which were itching, painful, and disagreeable. I had three doctors and derived no benefit from any of them. One doctor said he was afraid to touch my hands, so you must know how bad they were; another said I never could be cured; and the third said the sores were caused by the dipping of my hands in water in the dye-house where I work. I saw in the papers about the wonderful cures of the Cuticura Remedies and procured some of the Cuticura Soap and Cuticura Ointment. In three days after the application of the Cuticura Ointment my hands began to peel and were better. The soreness disappeared, and they are now smooth and clean, and I am still working in the dye-house. Mrs. A. E. Maure, 2340 State St., Chicago, Ill., July 1, 1905."

Circumstances have more to do with us than we care to face.

To Cure a Cold in One Day. Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Man's general trend is toward making others feel his superiority.

Lewis' Single Binder straight 5c. Many smokers prefer them to 10c cigars. Your dealer or Lewis' Factory, Peoria, Ill.

It takes more than a buoyant nature to keep up appearances.

Popular Line to the East.

The splendid passenger service of the Nickel Plate Road, the care and attention shown passengers have made it a favorite with the inexperienced as well as those accustomed to travel. Every feature necessary to the comfort and convenience of the passengers, especially ladies traveling alone or accompanied by children, is provided. Colored Porters in Uniform are in attendance to serve the wants of all and to see that cars are kept scrupulously clean. Pullman Sleepers on all trains, and an excellent dining service, serving individual Club meals or a la Carte at moderate cost. When traveling East purchase your tickets via the Nickel Plate Road. All trains depart from the La Salle St. Station, Chicago. For full information regarding tickets, rates, routes, sleeping car reservations, etc., call on or address J. Y. Calahan, General Agent, No. 111 Adams St., Chicago, Ill.

The man who takes life as a dose always finds it a bitter one.

Lewis' Single Binder straight 5c cigar—made of rich, mellow tobacco. Your dealer or Lewis' Factory, Peoria, Ill.

A good listener is often loved for the brains he lacks.—Life.

TWENTY YEARS OF IT.

Emaciated by Diabetes; Tortured With Gravel and Kidney Pains.

Henry Soule, cobbler, of Hammondsport, N. Y., says: "Since Doan's Kidney Pills cured me eight years ago, I've reached 70 and hope to live many years longer. But twenty years ago I had kidney trouble so bad I could not work. Backache was persistent and it was agony to lift anything. Gravel, whirling headaches, dizziness and terrible urinary disorders ran me down from 165 to 100 pounds."

Doctors told me I had diabetes and could not live. I was wretched and hopeless when I began using Doan's Kidney Pills, but they cured me eight years ago and I've been well ever since."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

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